



Short-Term Crisis Stabilization

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*These services are provided by
Northern Rivers Family of Services
and member agencies.*

Northern Rivers Family of Services is proud to introduce a new short-term community-based treatment program for youth ages 12–17 years experiencing a period of acute stress, mental health, or psychiatric crisis that requires a 24/7 staff-secured (unlocked) treatment setting. The program's primary goal is to stabilize a crisis situation to prevent the unnecessary use of a hospital emergency room or a hospital admission. As a youth's crisis stabilizes, the program develops a plan of care to address underlying difficulties that led to the crisis, including making referrals for needed treatment supports and services for both the youth and the family.

Benefits

- Short-term specialized crisis care in a nonhospital setting.
- Dedicated 5-bed facility in new state-of-the-art building designed specifically to meet the needs of youth and families dealing with behavioral health challenges.
- Comprehensive wraparound services, supports, care management, and community linkages all based in the facility (via warm hand off).
- A quick, safe return home with a plan and supports for long-term success.
- A step down from hospital level of care for a youth who is in stable condition but needs time to access needed home and community-based services.

Services

Our treatment model provides every client with the following:

- Comprehensive screening and assessments with a specific focus on crisis planning and prevention.
- Therapeutic services including crisis counseling for the youth and the family or caregiver, medication management and training, and skill building.
- Care coordination, including case management, referrals, and telemental health for continuity of care with existing providers.

Access

Our program is a highly specialized service designed for individuals with specific needs and challenges. To be admitted, a youth needs to meet *all* of the following:

- Be between the ages of 12 and 17 at admission.
- Demonstrate symptomatology consistent with a DSM-V diagnosis, which requires and can reasonably be expected to respond to short-term therapeutic intervention.
- Be experiencing emotional or behavioral problems, not sufficiently stable, either emotionally or behaviorally, and not have appropriate family situation and functioning levels to be treated outside of a highly structured, 24/7 therapeutic environment.

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- Has been professionally evaluated not to need inpatient psychiatric care.
- Is currently not motivated to use or lacks effective community supports to facilitate stabilization and recovery
- Has sufficient cognitive capacity to respond to active acute and time-limited therapeutic support and interventions.
- Is drug and alcohol free.
- Has been medically cleared to be treated in an unlocked and voluntary setting.
- Has a viable discharge resource.
- States a willingness to work with the service's structure and staff.

Exclusion Criteria

Youth exhibiting the following have a low chance of success within our framework and will not be accepted for admission:

- Exhibits severe suicidal, homicidal, or acute mood symptoms or thought disorder that requires a more intensive level of care.
- Parent or guardian does not voluntarily consent to admission.
- Cannot be safely maintained and effectively treated with a less intensive level of care.
- Has medical conditions or cognitive or psychiatric impairments that would prevent beneficial use of services.
- Primary problem is not psychiatric but a social, legal, or medical problem without a concurrent major psychiatric episode meeting criteria for this level of care.
- Admission is being used as an alternative to placement within the juvenile justice or protective services system, as an alternative to specialized schooling, or as respite or housing.
- Demonstrates any of the following:
 - Permanent cognitive dysfunction without an acute psychiatric disorder
 - Primary substance use disorder requiring treatment in a specialized level of care
 - Medical illness requiring treatment in a medical settings
 - Impairments indicate no reasonable expectation of progress towards treatment goals at this level of care
 - Chronic condition with no indication of need for ongoing intervention at this level of care to maintain stability and functioning

For more information on this service or to arrange for a tour, contact:

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